

Six shapes explain most of your data.

NORMAL

$\pm 1\sigma \approx 68\%$	$\pm 2\sigma \approx 95\%$
heights, errors	sums of small causes
CLT	means $\rightarrow$ normal, $n \geq 30$

BINOMIAL

n trials, p each	count of successes
mean = np	var = np(1-p)
conversions, churn	yes/no repeated

POISSON

events per window	rate λ
mean = var = λ	the tell
tickets, arrivals	rare + independent

LONG TAILS

log-normal	salaries, revenue
mean >> median	the skew tell
log(x) first	then it behaves

TWO MORE

uniform	anything equally likely
exponential	time between events
memoryless	its famous property

GOTCHAS

assume normal	$\leftarrow$ plot it first.
mean of a long tail	one whale owns it
outliers at $\pm 3\sigma$	only if truly normal

WORTH MEMORIZING

01 Match the data to the shape

The interview version: name the variable, name the distribution, name why.

conversion rate	Binomial: n visitors, each converts with probability p.
tickets per hour	Poisson: rare independent events in a fixed window.
revenue per user	Log-normal: most pay little, a few whales pay a lot.
time between fails	Exponential: the waiting-time twin of Poisson.
mean of samples	Normal, by the CLT, almost whatever the source shape.

02 Trap: treating everything as normal

The 68/95 shortcuts and z-score fences are only true for the bell shape.

YOU ASSUMED	REALITY	DO INSTEAD
revenue is normal	log-normal: whales rule the mean	median, or log(x) first
$\pm 3\sigma$ finds outliers	long tails live past 3σ legally	plot, then pick fences
mean = typical user	mean can beat the 90th pctlile	report percentiles

$\rightarrow$ One histogram costs ten seconds and prevents every mistake in this table.